

# Lift

Ladies in fellowship together

## Meal Prep Instructions

- Check out the recipes below
- Each recipe shows you what you need to bring based on a 4 person meal (adjust for your family size). We will provide the rest of the ingredients. Feel free to adjust recipes for taste, allergy, or meat preference.
- We will provide the bags, instructions, and ingredients under provided
- What to bring: 2 cutting boards for meat (1) and vegetables (1), knives for chopping and cutting, can opener, and ingredients for your family based on the recipes

### Slow Cooker Hawaiian Pork Chops Recipe

#### Food to bring

4 whole boneless pork  
chops  
20 oz. pineapple

#### Food provided

brown sugar  
soy sauce  
salt  
black pepper

### Crockpot Black Bean Fajitas Recipe

#### Food to bring

3 peppers sliced  
1 can 14.5 oz black  
beans or chicken if you  
prefer  
1 onion sliced

#### Food provided

honey  
apple cider vinegar  
chili powder  
ground cumin  
paprika  
crushed red pepper  
flakes

### Crockpot Chicken Noodle Soup

#### Food to bring

1 pound boneless  
skinless chicken  
1 small onion  
3 carrots  
2 celery ribs

#### Food provided

thyme  
celery seed  
turmeric  
sea salt  
cornstarch

### The Best Freezer Chili

#### Food to bring

1 1/2 lbs. browned  
ground beef (brown at  
home)  
1 onion  
3 garlic cloves, minced  
19 oz. can kidney beans  
14 oz. can Heinz chili  
style beans or pinto  
beans  
28 oz. can diced  
tomatoes

#### Food Provided

5 1/2 oz. can tomato  
paste  
chili powder  
cumin  
paprika  
pepper  
maple syrup